Coaching High Jump

“A Simple Approach”
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Simple Concepts

Jesus Dapena presentation

“Run fast/Get low”

NCAA Clinic as a young coach
Approach Run

• Curve Run
  • 1) Accelerating
    • Speed and Rhythm
  • 2) Lean
    • Contrast to vertical
  • 3) Posture
    • Simple/Critical
  • 4) Proper footwork
Gather for Takeoff – “Penultimate”

- “Set up the jump”
- “Prepare for the takeoff”
- “Gather on the next to last step”

**Footwork**

- 1) Active
- 2) Full footed
- 3) Rolling

**POSTURE!!!**

***Basketball Dunks***
The Takeoff – “Up Through the Vertical”

- Ever increasing rhythm to an ultimate quickening up off of the ground
  - We must not “land” on the plant
- Quick Takeoff
- Quick into up off of the takeoff ground
- Punch it!
  - Jesse Williams

The thing is – going “up through the vertical” is a “result”
The Flight

• (The thing is – this is a “result”)
  • Up through the vertical (a “result”)
  • Big hip elevation (*not arch*) (a “result”)
  • Beautiful rotation (a “result”)
  • A terrific flight happens “as a result”
Final Thoughts

• Explosiveness
  • Dynamic event specific multiple jumps
  • Free swinging limbs
    • Body awareness

• Body Weight
  • “Gain three pounds ...”
  • Don’t test the threshold
Thank you!

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